



### The ZONES of Regulation

<b>Blue Zone</b>	<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

If you would like to find out more about the support on offer please contact:

The Clinical Office, Lufton College,  
Yeovil, Somerset, BA22 8ST.

01935 403 120

[luftonclinicalteam@cambiagroup.com](mailto:luftonclinicalteam@cambiagroup.com)

## LUFTON COLLEGE CLINICAL TEAM



Lufton College offers a range of specialist support through a team of highly qualified advisors and therapists. This leaflet provides an overview of each of these.



# MEET THE CLINICAL TEAM

**Anna Eldridge**  
Registered General Nurse



My role is to support the students' medical needs, both physically & emotionally. I oversee the daily health needs of the students & work with both care & education on all issues & information relating to a young person's medication & health management. I apply physical health checks as required, attend to minor injuries, offer advice & support to both students & staff regarding any health concerns.

Email: [Anna.Eldridge@cambianguroup.com](mailto:Anna.Eldridge@cambianguroup.com)

**Dr Muhammad Gul**  
Consultant Child & Adolescent Psychiatrist



I come to Lufton to hold a fortnightly clinic responding to referrals from staff, to see students & to advise the clinical team.

**Dr Karen Varney**  
Consultant Clinical Psychologist



My role is to bring Psychological understanding to the staff at 3 Cambian schools. I come to Lufton one day a week & I am available to consult staff, collaborate with other clinical team members, teach & train as well as develop therapeutic work with some students where possible. I am especially interested in attachment & trauma informed practice.

**Bridget Townsend**  
Occupational Therapist



My role as an Occupational Therapist is to support students to enable them to achieve what they want & need to do. I do this by supporting students & staff during activities and by providing assessment, meaningful interventions & guidance of sensory processing challenges across the College.

Email: [Bridget.Townsend@cambianguroup.com](mailto:Bridget.Townsend@cambianguroup.com)

**Tracy Rowan**  
Personal Development Advisor



My aim is to help develop students' understanding around relationships, sexual health & how their bodies work. I support the Education, Care & Clinical teams by developing resources that promote emotional well-being, dignity & self esteem. I also develop resources to promote students' understanding of the transition process & moving on from college.

Email: [Tracy.Rowan@cambianguroup.com](mailto:Tracy.Rowan@cambianguroup.com)

**Hollie Earley**  
Consultant Occupational Therapist



My role is to support the Occupational Therapy provision at various Cambian schools and colleges, Lufton being part of my caseload. My service includes consultation for students, staff & the clinical team around sensory & functional differences. I am onsite two days per week & can offer virtual support for the other three days per week.

Email: [Hollie.earley@cambianguroup.com](mailto:Hollie.earley@cambianguroup.com)

**Mick Taylor**  
Behaviour Support Practitioner



My role is to provide support to staff to develop & implement Positive Behaviour Support strategies to enable students to meet their full potential whilst at Lufton.

I develop PBS Plans in conjunction with students, staff teams & families that aim to minimise the impact of behaviours of concern & provide students with the skills to meet their needs without putting themselves or others at risk. Our aim is for Positive Behaviour Support to be embedded at all levels in the college.

Email: [Michael.Taylor@cambianguroup.com](mailto:Michael.Taylor@cambianguroup.com)

**Lyndsey Wrigley-Sothcott**  
Positive Behaviour Support Coach



Working alongside Mick my role is to support students positive behaviour support plan either working as a coach or advising staff on how to support students to follow their plan.

Email: [Lyndsey.Wrigley-Sothcott@cambianguroup.com](mailto:Lyndsey.Wrigley-Sothcott@cambianguroup.com)

**Jenny Law**  
Speech & Language Therapist



My focus is on maximising each student's ability to communicate functionally. I want it to be easier for students to express themselves, to know what's happening & to understand the people around them - now & in the future. I am passionate about Augmentative & Alternative Communication (AAC) methods, & using Inclusive Communication practices to enable students & staff to genuinely understand each other.

Email: [Jennifer.Law@cambianguroup.com](mailto:Jennifer.Law@cambianguroup.com)

**Michael Angus**  
Music Therapist



My focus is to use music as a clinical intervention to aid people with their physical & psychological well-being, using a plethora of therapeutic technique to help students express themselves in their own individual way. If you feel a student that you work with could benefit from having music therapy.

Referrals are welcome.

Email: [Michael.Angus@cambianguroup.com](mailto:Michael.Angus@cambianguroup.com)

**Hannah Jagger**  
Integrated Therapy Assistant



My role as Therapy Assistant consists of supporting my clinical colleagues, students & staff teams. This includes sessions, groups, embedding learning & role modelling various therapeutic interventions, observing methods to support with communication, emotional well-being and function during times of education and care.

Email: [Hannah.Jagger@cambianguroup.com](mailto:Hannah.Jagger@cambianguroup.com)

